

## Chronic Disease Indicators: Indicator Definition



### Heavy drinking among adult females aged $\geq 18$ years

Category:	Tobacco and Alcohol
Demographic Group:	Resident females aged $\geq 18$ years.
Numerator:	Female respondents aged $\geq 18$ years who report an average daily alcohol consumption of $>1$ drink.
Denominator:	Female respondents aged $\geq 18$ years who report a specific number, including zero, for the average number of daily drinks (excluding unknowns and refusals).
Measures of Frequency:	Annual prevalence — crude and age-adjusted (standardized by the direct method to the year 2000 standard U.S. population, distribution 9*) — with 95% confidence interval.
Time Period of Case Definition:	Average day.
Background:	In 2003, a total of 4.6% of adult women reported an average daily consumption of $>1$ alcoholic drink.
Significance :	Approximately 85,000 deaths each year in the United States are attributed to alcohol abuse. Alcohol abuse is strongly associated with injuries, violence, chronic liver disease, and risk of other acute and chronic health effects. Alcohol use by pregnant women is the cause of fetal alcohol syndrome. Approximately 5,000 infants are born each year with fetal alcohol syndrome, which is irreversible and the leading known cause of mental retardation.
Limitations of Indicator:	The indicator does not convey the specific amount of alcohol consumed.
Data Resources:	Behavioral Risk Factor Surveillance System (BRFSS). <a href="http://www.cdc.gov/alcohol/surveillance.htm">http://www.cdc.gov/alcohol/surveillance.htm</a>
Limitations of Data Resources:	As with all self-reported sample surveys, BRFSS data might be subject to systematic error resulting from noncoverage (e.g., lower telephone coverage among populations of low socioeconomic status), nonresponse (e.g., refusal to participate in the survey or to answer specific questions), or measurement (e.g., social desirability or recall bias).
Healthy People 2010 Objectives:	26-13: Reduce the proportion of adults who exceed the guidelines for low-risk drinking. (26-13a is specific for females; 26-13b is specific for males.)

\* See Klein RJ, Schoenborn CA. Age adjustment using the 2000 projected U.S. population. Hyattsville, MD: US Department of Health and Human Services, CDC, National Center for Health Statistics, 2001. Healthy people 2010 statistical notes, no. 20. <http://www.cdc.gov/nchs/data/statnt/statnt20.pdf>